



SRI VENKATESWARA COLLEGE OF NURSING

*Recognized by Govt of AP and APNMC, Vijayawada
Accredited with 'A' Grade by NAAC, Bangalore
Approved by Indian Nursing Council, New Delhi
Affiliated to Dr.NTR University of Health Sciences, Vijayawada
RVS Nagar, Tirupathi Road, Chittoor – 517 127(A. P)*

E.Mail : svcon.rvs@gmail.com, Website: www.svcon.org

Date: 04-10-2018

CIRCULAR

All the faculty members are informed that our college is organizing one week Faculty Development Programme on **“Yoga For Unity and Wellbeing on Eclectic Approaches in Teaching Learning”** from 08-10-2018 to 13-10-2018 by distinguished resource speakers. Request all the Teaching and Non-Teaching staff members must attend the Programme without fail.

Edna Sweenie
IOAC

V. Sujatha
PRINCIPAL

Copy to:

1. Chairman for Favour of information
2. Principal
3. Circulation to all Staff members

Objective of the Programme:-

YOGA for Unity and Well-being " is a comprehensive Yoga program. Certain techniques are considered to be important yoga teaching methods. They are deep breath, self-massage, and attention to instructor's words. Deep breathing is important to perform during the practice of yoga. Deep breathing is performed by breathing deep through the nose. The four major schools or streams of Yoga are: (i) Karma Yoga – Path of Self Sacrifice (ii) Bhakti Yoga – Path of self-Surrender (iii) Jnana Yoga – Path of Self Analysis (iv) Raja Yoga – Path of Self Control. The nature of all Yogic practices is psycho-physiological.

Resource Person:

Ms.Rajalakshmi

Assoc. Professor,
Sri Venkateswara College of Pharmacy
8919769192, kv.rajyalakshmi1995@gmail.com

REGISTRATION FORM

Name:.....

Designation:.....

Institution:.....

Address for Communication:.....

.....

.....

Mobile:.....

email:.....

**Registrations free for
in-house faculty**

Free!

Note:

Last date to Registration:
6th Oct, 2018

Program Committee:

CHIEF PATRON

Dr. Ravuri Venkataswamy
Chairman, The Founder of Sri Venkateswara Group
of Institution

PATRONS

R.V. Srinivas, B.Tech., MBA (UK)
Vice Chairman, Sri Venkateswara Group of
Institution

PRINCIPAL

Prof.V.Sujatha, M.Sc (N)
Sri Venkateswara College of Nursing

CONVENOR

Mrs. Vasatha Kumari C
Assistant Professor
Sri Venkateswara College of Nursing

COORDINATOR

Mrs Anusha G
Assoc. Prof.,
Sri Venkateswara College of Nursing

Address for Communication:-

Mrs. Anusha G
Coordinator
anushasrig@gmail.com
9492436193
Sri Venkateswara College of Nursing
RVS Nagar, Tirupati Road, Chittoor.



SRI VENKATESWARA COLLEGE OF NURSING

RVS Nagar, Tirupati Road, Chittoor 517127.
Andhra Pradesh, INDIA



ONE WEEK FDP PROGRAMME ON

YOGA FOR UNITY AND WELLBEING
ON ECLECTIC APPROACHES IN
TEACHING LEARNING

Dates:

08-10-2018 to 13-10-2018

Venue:

College Seminar Hall,
Sri Venkateswara college of Nursing
RVS Nagar, Tirupati Road,
Chittoor 517127.
Andhra Pradesh
INDIA

About the Institute:-

Sri Venkateswara College of Nursing was started in the year 1982 with the ambience of providing Nursing education to the poor and under privileged. The Motto of the College is to provide excellent education and expertise skills in Nursing Practice. The College has been sanctioned by the AP State Government, approved by AP Nursing Council and Recognized by Indian Nursing Council, New Delhi. It is affiliated by Dr. NTR University of Health Sciences, Vijayawada. This institute is promoted by Srinivasa Educational Academy under the watchful eyes of Dr. Ravuri Venkataswamy, the Group has group of selfless, dedicated and hardworking people whose endeavor in providing and establishing good professional education to the students has been a relentless effort on their part. The Institute has got adequate buildings and other infrastructure facilities located very near to the temple city.

The ANM & GNM Courses was started in the year 1982 and 1983 respectively where as the B.Sc Nursing was started in the year 2002 in Chittoor, Tirupati and Hyderabad. Till Now ANM - 1080 Students, GNM - 1960 Students and B.Sc. - 812 Students has passed out from the Institute. The Nursing students studied in the institution are employed all around India and also in abroad. The students studied in these Nursing institutions are working in institution like CMC-Vellore, Apollo Hospital-Chennai and in so many prestigious hospi-

We are competing with other world class institutions by providing excellent upto date knowledge to the students by highly qualified faculty. Good clinical experience with well equipped laboratories and in District head quarters Hospital.

The college is permitted by INC, New Delhi, AP Nursing Council, Hyderabad and affiliated to Dr. NTR University of Health Sciences, Vijayawada. The College has experienced faculty for paving way for best academic and clinical performance of the students.

We have our parent hospital by name RVS Hospitals & Research Foundation. It is Multi Specialty Hospital which consists of 450 beds with well equipped departments.

Route Map:-



College:-



Topics covered:-

- Proper Exercise (Asanas)
- Proper Breathing (Pranayama)
- Proper Relaxation (Savasana)
- Proper Diet and Nutrition.
- Positive Thinking and Meditation

Outcome of the Programme:-

Weight loss and toning are not the only aims that yoga helps to accomplish. By imbibing yoga in daily life, you can improve the body strength, and enhance its flexibility as well. Yoga is the best forms of workout for reaching athletic level of flexibility in the body. Several Physical Benefits: Yoga offers a lot of physical benefits for the students such as maintaining good blood circulation, blood pressure, pulse rate. It will help you to keep away from cardio and gastrointestinal problems with several other health issues.

Organising Secretary:-

Mrs. Anusha G

anushasrig@gmail.com
9492436193

Sri Venkateswara College of Nursing
RVS Nagar, Tirupati Road, Chittoor.

Edna Sweeney
IQAC COORDINATOR

V. Sujatha
PRINCIPAL

A One Week Faculty Development Programme on
“Yoga For Unity and Wellbeing on Eclectic Approaches in Teaching Learning”
 on 08-10-2018 to 13-10-2018

Attendance Sheet

S.No	Name of the Faculty	08-10-2018	09-10-2018	10-10-2018	11-10-2018	12-10-2018	13-10-2018
1	V.Sujatha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	C.Rathiga	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	T.P.Gangadevi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	B.Usha Rani	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Vasanth.C	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	P.Anusha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	D.Chandrakala	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	R.Usharani	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	S.Ayeesha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	M.Bhavya	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	K.Dileep	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	G.Jhansi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	P.Bhavya	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	S. Sireesha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15	P.Annie Rebecca	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
16	M.Kavitha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17	T.Yamini	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	B.Y.Sushmitha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19	K.Amani	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20	Jacklin I B	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

Edna Shreenie
IQAC

V. Sujatha
PRINCIPAL



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Date: 18-10-2018

PROGRAMME REPORT

Name of the programme : A One Week Faculty Development Programme on
**"Yoga For Unity and Wellbeing on Eclectic
Approaches in Teaching Learning"**

Dates : 08-10-2018 to 13-10-2018

Details of Resource Person:

Name : Ms.Rajalakshmi
Designation : Assoc. Professor
Organization : Sri Venkateswara College of Pharmacy
Ph. No : 8919769192
Mails. Id : kv.rajyalakshmi1995@gmail.com

Objective of the Programme:

YOGA for Unity and Well-being " is a comprehensive Yoga program. Certain techniques are considered to be important yoga teaching methods. They are deep breath, self-massage, and attention to instructor's words. Deep breathing is important to perform during the practice of yoga. Deep breathing is performed by breathing deep through the nose. The four major schools or streams of Yoga are: (i) Karma Yoga – Path of Self Sacrifice (ii) Bhakti Yoga – Path of self-Surrender (iii) Jnana Yoga – Path of Self Analysis (iv) Raja Yoga – Path of Self Control. The nature of all Yogic practices is psycho-physiological.

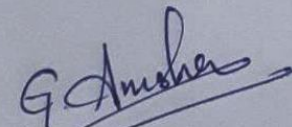
Topics covered:

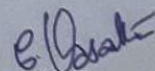
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Weight loss and toning are not the only aims that yoga helps to accomplish. By imbibing yoga in daily life, you can improve the body strength, and enhance its flexibility as well. Yoga is the best forms of workout for reaching athletic level of flexibility in the body. Several Physical Benefits: Yoga offers a lot of physical benefits for the students such as maintaining good blood circulation, blood pressure, pulse rate. It will help you to keep away from cardio and gastrointestinal problems with several other health issues.

No. of Participants: 20


Coordinator


HOD



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